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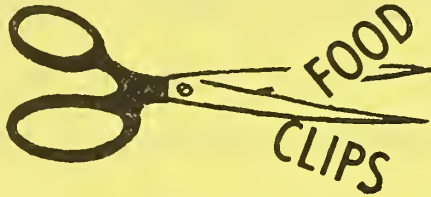
Food and Home Notes

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Canned hams and picnics should be refrigerated unless directions on label specify that refrigeration is not necessary, warns U.S. Department of Agriculture home economists.

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Remember----rapid cooling of meat and meat combination dishes helps prevent bacterial growth.

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Need to save freezer space? Remove meat from the bone and then wrap well to prevent drying. Freeze in stackable packages.....not in odd-sized containers. Make certain that you wrap well to prevent drying.

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Use your freezer wisely. Allow a one inch space around packages for air circulation.

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Fresh pork sausage does not retain quality as long in the freezer as other fresh pork cuts. It soon becomes rancid.

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OUTLOOK '78

FOR FOOD AND AGRICULTURE

The annual Food and Agriculture Outlook Conference, scheduled for November 14-17 at the U.S. Department of Agriculture, will feature information on "U.S. Farm and Food Policy in the World of the Seventies". The program, to be held at the USDA's Jefferson Auditorium in Washington, D.C., is divided into three areas: General Sessions, Commodity Sessions and the Family Living Sessions, with the latter to be held at the nearby Freer Art Gallery auditorium.

The U.S. Food policy does affect the consumer, but, how? What is the Outlook on pesticides, land use and waste management? The outlook for the major world commodities, grains, fats and oils, cotton, tobacco, sugar and sweeteners will all be discussed. Specialists in the meat animal area, energy saving technology, fruit and nut, vegetable and potato, and dairy products are included in the papers to be presented.

An outlook discussion of food and diets is planned for Thursday, (Nov. 17th) and a discussion of dietary goals will be included.

(Con't on page 4)

COST OF FOOD AT HOME FOR A WEEK (SEPTEMBER 1977)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$23.60	\$31.30	\$39.30	\$47.20
Elderly couple.....	21.20	27.90	34.60	41.40
Family of 4 with preschool children.....	33.20	43.50	54.20	65.20
Family of 4 with elementary school children.....	40.00	52.40	65.70	79.00
INDIVIDUALS*				
Women				
20-54 years.....	9.70	12.90	16.00	19.10
55 years and over.....	8.80	11.60	14.30	16.90
Men				
20-54 years.....	11.80	15.60	19.70	23.80
55 years and over.....	10.50	13.80	17.20	20.70
Children				
1-2 years.....	5.30	6.80	8.40	10.10
3-5 years.....	6.40	8.20	10.10	12.20
6-8 years.....	8.20	10.60	13.30	16.00
9-11 years.....	10.30	13.30	16.70	20.10
Girls 12-19 years.....	9.80	12.70	15.70	18.80
Boys 12-14 years.....	10.90	14.10	17.70	21.30
15-19 years.....	12.00	15.60	19.60	23.60

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

FAB-
RI-
CATED FOODS

AND THEIR FUTURE

Many foods are fabricated from textured vegetable protein*...mainly soybeans. They are not new in the marketplace now....they have been around for years. However--techniques are constantly changing towards making them more like the "real thing".

Consumers, according to a nationwide survey by the Economic Research Service of the U.S. Department of Agriculture, have a high awareness of analogs and packaged dry vegetable protein products. Few homemakers, however, are conscious of the commercially mixed vegetable protein products. A protein extender now is found in many ground meat items. Many consumers, according to the survey, are not aware of the addition of the protein extender even though it is listed on the label.

Homemakers who are more aware of both analogs and packaged extender products are the younger, better educated ones with higher incomes. Of the households surveyed only one in three have tried these products. Many claim they bought these new products out of "curiosity" or because they consider them to be health foods, and thus, "good for them". Analogs are cholesterol-free and lower in fat content and calories than the "real" foods. Older homemakers and low-income households are the least likely to have tried them.

What types of these products are used? Bacon analogs lead in popularity--egg substitutes and then sausage.

Almost a third of the households using packaged extenders and analogs intend to discontinue use. Only 1 in 20 families who use these foods intend to increase consumption. The primary reason given for the disinterest in using packaged extenders and/or analogs was the objectionable taste.

(More)

FABRICATED FOODS (CON'T)

However, the majority of homemakers who are knowledgeable about commercially mixed products plan to use more in the future. In spite of this, the survey does not indicate an expanding market unless meat prices increase or the taste-image can be improved.

* Vegetable protein mentioned in the survey refers to three principal forms: (1) packaged protein extenders-dehydrated, pre-cooked vegetable protein granules used to extend or "stretch" meat--bought separately and added to the meat at home; (2) commercially mixed protein extender--already mixed protein extender--already mixed into the food product when purchased; and (3) analogs---vegetable protein products made to simulate meats, poultry, seafood or eggs.

OUTLOOK CONFERENCE '78 (CON'T)

Those who've attended these conferences in the past should note that this one has a new starting time and an unprecedented night session. While the conference traditionally started at 8:45 a.m., this one will get under way at 1 p.m. (on Monday, Nov. 14) with sessions on the U.S. Farm and Food Policy in the World of the Seventies (at 1:15 p.m.); and a discussion of U.S. Food Policy and the Consumer (at 1:45 p.m.). There'll be a discussion of U.S. Agriculture in World Perspective (in the Jefferson Auditorium) at 6:45 p.m.

All sessions are open to the public. For additional information, contact Dr. Alan Bird, ERS, Room 400, GHI Bldg., USDA, Washington, D.C. 20250.

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